

Montana WIC

Nutrition Program for Women, Infants and Children

2015 SPRING CONFERENCE AGENDA

Tuesday, April 7, 2015

7:30-8:00	Registration	
8:00-8:15	Welcome, State Update	Kate Girard
8:15-12:00	Guest Speaker	Dana Sturtevant, MS, RD
	Snack Break Mid-morning	
12:00-1:00	Lunch Provided	
1:00-2:30	Monitoring review/training	State Staff
2:30-2:45	Snack Break	
2:45-3:30	Oral Health Training	Sarah Leichner & Tonette Hollingsworth
3:30-5:00	Retailer Training/Review	State Staff
5:15-6:15	MAWA General Membership Meeting*	

*All WIC staff are invited to attend the MAWA General Meeting. There will be a review of MAWA activities, election of board members, and an announcement of the recipients of the MAWA Spring Mini-Grants. Hear Darcy Hunter of Gallatin County WIC talk about their [project](#), "Willow Comes to WIC", a curriculum Darcy brought back from the National WIC Association Meeting. Also hear from last year's recipient of a MAWA Mini-Grant. And, the OUTSTANDING WIC EMPLOYEE AWARD will be presented. Don't miss the drawing for a special prize (You must be present to win). Hors d'oeuvres will be provided.

Wednesday, April 8, 2015

7:30-8:00	Registration	
8:00-8:15	Welcome/Video	Kate Girard
8:00-12:00	Guest Speaker	Charlie Slaughter, MPH, RD
	Snack Break mid-morning	
12:00-1:00	Lunch Provided	
1:00-3:00	Outreach/Participation/Discussion	State Staff/Guests



Planting a Seed for Change: Key Elements of Effective Brief Interventions

April 7, 2015 8:15 a.m. to noon

Speaker: Dana Sturtevant, MS, RD

Description: The conversations that occur between helping professionals and their patients/participants are powerful ones, capable of supporting or inhibiting the innate change process that is alive in all of us. Unfortunately, providers tend to rely too heavily on handouts and information exchange because they are trained to talk to people as if they are ready and willing to take action. In this workshop, Dana Sturtevant, MS, RD will offer a combination of principles, skills, and strategies to help clients strengthen commitment to change and increase the likelihood of change. She'll also review different treatment strategies for working with families around food and weight concerns. Learn how to provide information in a way that honors a person's freedom of choice while planting a seed for change in the future.

Objectives

At the end of the session attendees will be able to:

1. Describe the six key elements of effective interventions - FRAMES: Feedback, Responsibility, Advice, Menu of Options, Empathy, Self-efficacy
2. Combine different elements of FRAMES into a statement that can be used to plant a seed for change in the future.
3. Discuss change with patients in a more supportive way.
4. Create an atmosphere for honest and constructive discussions with families about health behavior change.

Hungry for Love: Equipping WIC Staff to Tap into Relational Forces Impacting Family Mealtime Environments

April 8, 2015 8:00 to noon

Speaker: Charlie Slaughter, MPH, RD

Description: Quality of the parent-child relationship plays a strong and foundational role in building secure, capable, and emotionally connected eaters. This training will help equip WIC staff to effectively address a number of underlying relational forces supporting and hindering the family mealtime environment parents create. WIC staff will gain greater competency at helping parents adopt and use mealtime behaviors that lead to improvements in their children's eating behaviors. The training will begin with an overview of a new attachment-based parenting intervention that will help WIC staff better understand the force of attachment in the parent-child relationship. Then the training will cover a reframe of mealtimes as opportunities to build emotional connection, important life skills, and eating capabilities. The training will also cover how to help parents create healthier and more powerful mealtime environments. Integrated into the training is a focus on how to tap into the force of parents' self-motivation. New insights, tools, and strategies will be offered that help WIC staff use these forces to achieve greater behavioral change.